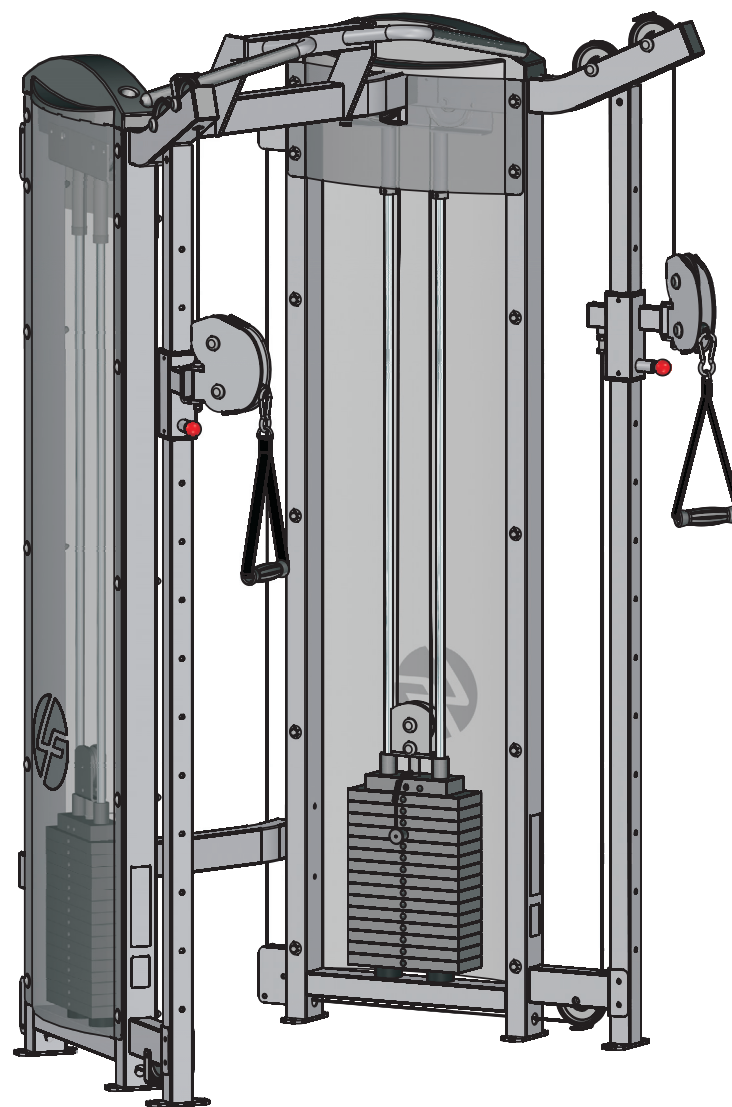


Dual Adjustable Pulley

Owners Manual



LifeFitness

Dual Adjustable Pulley

1. Assembly Instructions

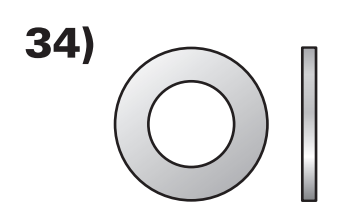
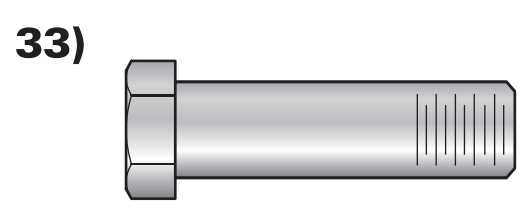
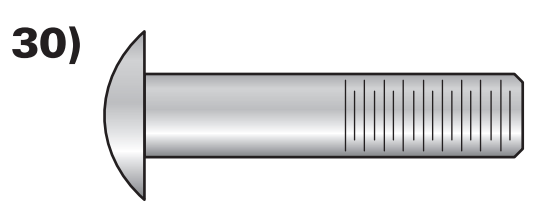
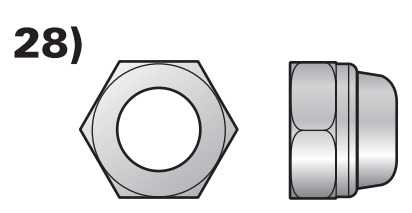
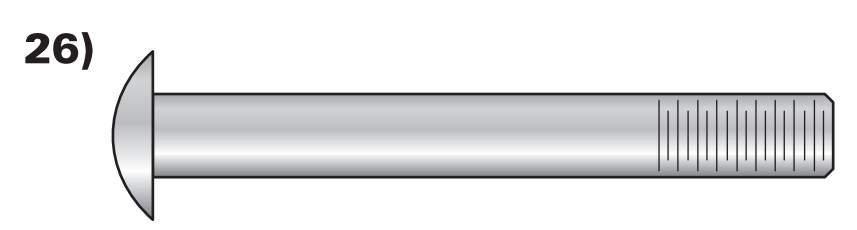
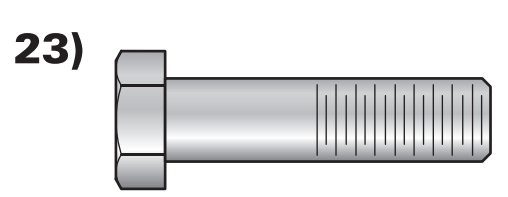
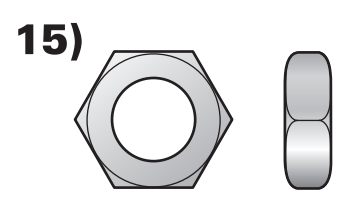
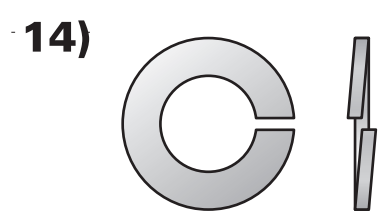
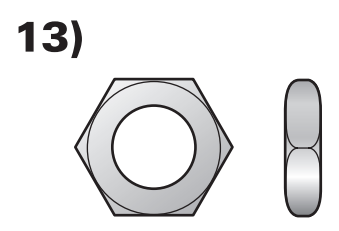
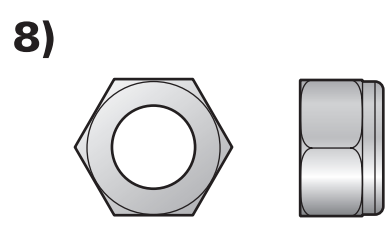
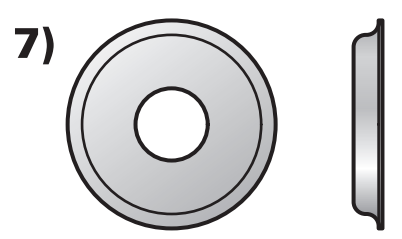
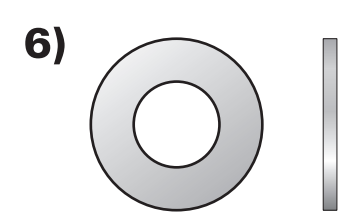
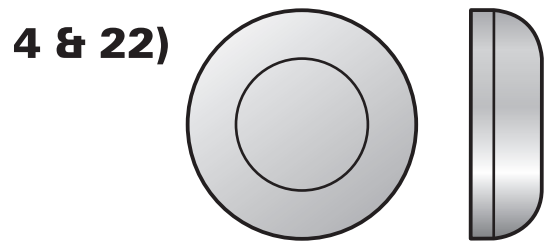
Item	Qty	Description	Part Number
1	1	Rear Cross Support	AP04-0734 (WHT)(PLT)
2	1	Left Tower	AP04-0730 (WHT)(PLT)
3	1	Right Tower	AP04-0730 (WHT)(PLT)
4	8	RH Cap	P06-0021 (WHT)(PLT)
5	12	3/8 x 67mm Hex Bolt	DA1C03806716NU
6	16	3/8" Flat Washer	DC125010520U
7	16	RH Washer	P05-0009
8	42	3/8 Low HT Lock Nut	DB2E03807200U
9	1	Top Cross Support	AP04-0733 (WHT)(PLT)
10	2	Weight Selector Pin	ACUP11-0048
11	2	Head Plate Assembly	ACUAAP10-0053
12	2	Center Pulley Bracket	P02-0892
*13	2	1/2" Nut	DBIE01208513U
*14	2	1/2" Lock Washer	DC420013030B
*15	2	1/2" Jam Nut	P05-0093
16	4	Guide Rod	A01-2375
17	4	Weight Stack Cushion	A06-0304
18	30	Weight Plate	ACU79352

Item	Qty	Description	Part Number
19	4	Guide Rod Shaft Collar	A05-0212
20	2	Guide Rod Support	P04-0732 (WHT)(PLT)
21	2	3 1/2" Pulley	P06-00051
22	8	Black RH Cap	P06-0021 (BLK)
23	4	3/8 x 46mm Hex Bolt	DA1C03804616NU
24	2	Front Shroud	P10-0066
25	2	Rear Shroud	A10-0228
26	24	3/8 x 90mm Btn Hd Bolt	DAEC03809016NB
27	52	3/8" Black Washer	DC125010020B
28	24	Acorn Nut	A05-0443
29	2	Tower Cap	P06-0333A (Notch)
30	4	3/8 x 25mm Btn Hd Bolt	DAEC03801216NB
31	2	Sewn Handle	P12-0052
32	2	Snap Link	DI1080080U
*33	4	3/8 x 43mm Hex Bolt	DA1C03804316NU
34	16	3/8 SAE Washer	DC125010020U
*35	2	1/2 x 50mm Btn Hd Bolt	DAEC01205016NB

Tools Required:

- 9/16" Wrench
- Metric Allen Wrench Set
- Ratchet with 9/16" Socket
- Rubber Mallet

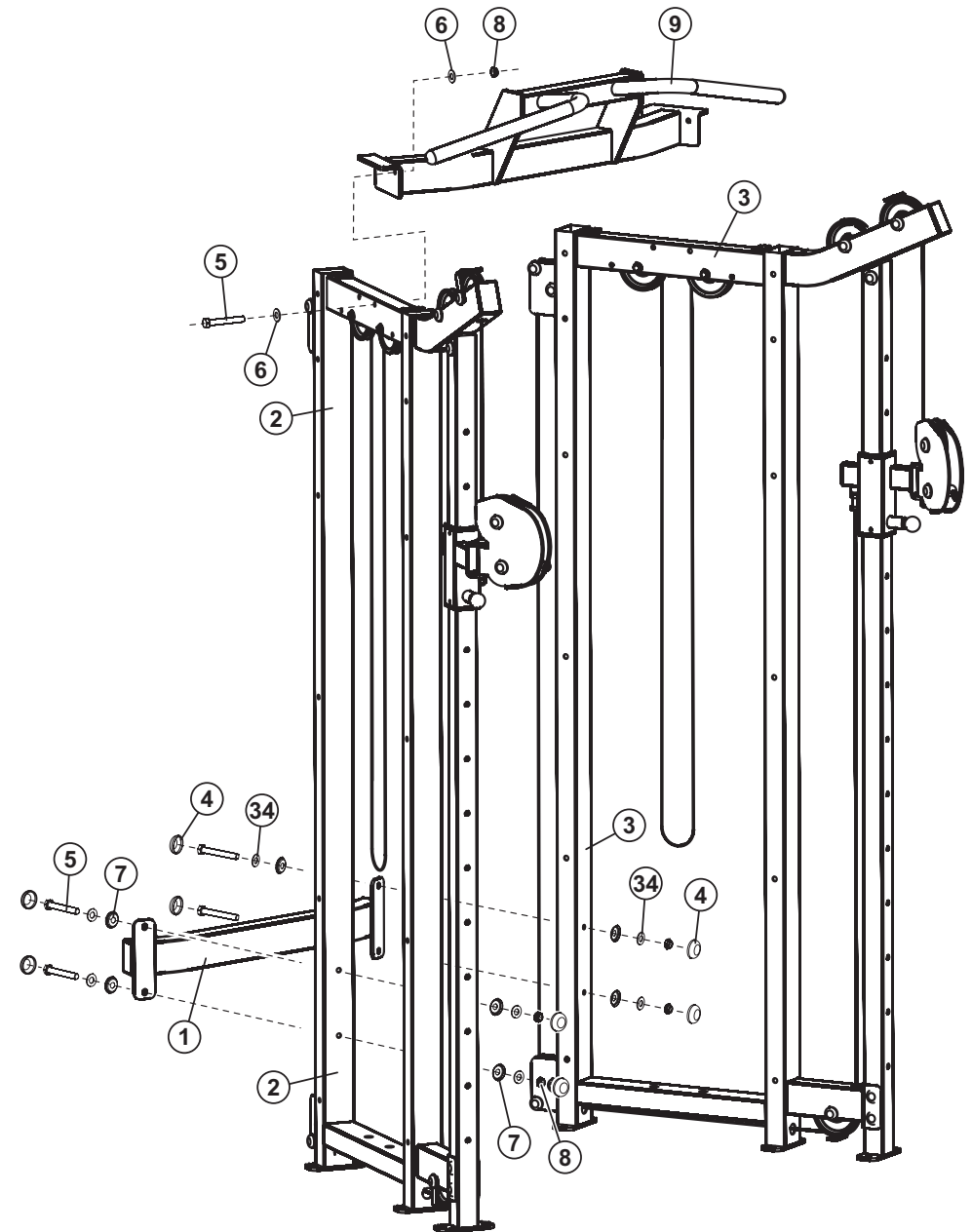
* Denotes preinstalled hardware



Dual Adjustable Pulley

1. Assembly Instructions

1. LOOSELY assemble REAR CROSS SUPPORT (1) to the LEFT and RIGHT TOWERS (2 & 3) using eight RH CAPS (4), four 3/8 X 67mm BOLTS (5), eight 3/8" SAE WASHERS (34), eight 3/8" RH WASHERS (7) and four 3/8" LOW HT LOCK NUTS (8) as shown.
2. LOOSELY assemble TOP CROSS SUPPORT (9) to the TOWERS (2 & 3) using four 3/8 X 67mm BOLTS (5), eight 3/8" FLAT WASHERS (6) and four 3/8" LOW HT LOCK NUTS (8) as shown.



3. WEIGHT STACK ASSEMBLY:

Insert the two GUIDE RODS (16) into the base of the LEFT SIDE TOWER (2) as shown.

Slide two WEIGHT STACK CUSHIONS (17) down over the GUIDE RODS.

Lubricate the GUIDE RODS with a silicon or teflon spray that is available at most hardware stores.

Using EXTREME CARE, slide fifteen 10 LB. WEIGHT PLATES (18) down over the GUIDE RODS.

Carefully slide the HEAD PLATE ASSEMBLY (11) down over the GUIDE RODS onto the weight stack.

Slide two 13/16" SHAFT COLLARS (19) over each GUIDE ROD.

Repeat these steps to assemble the WEIGHT STACK on the RIGHT SIDE TOWER (3).

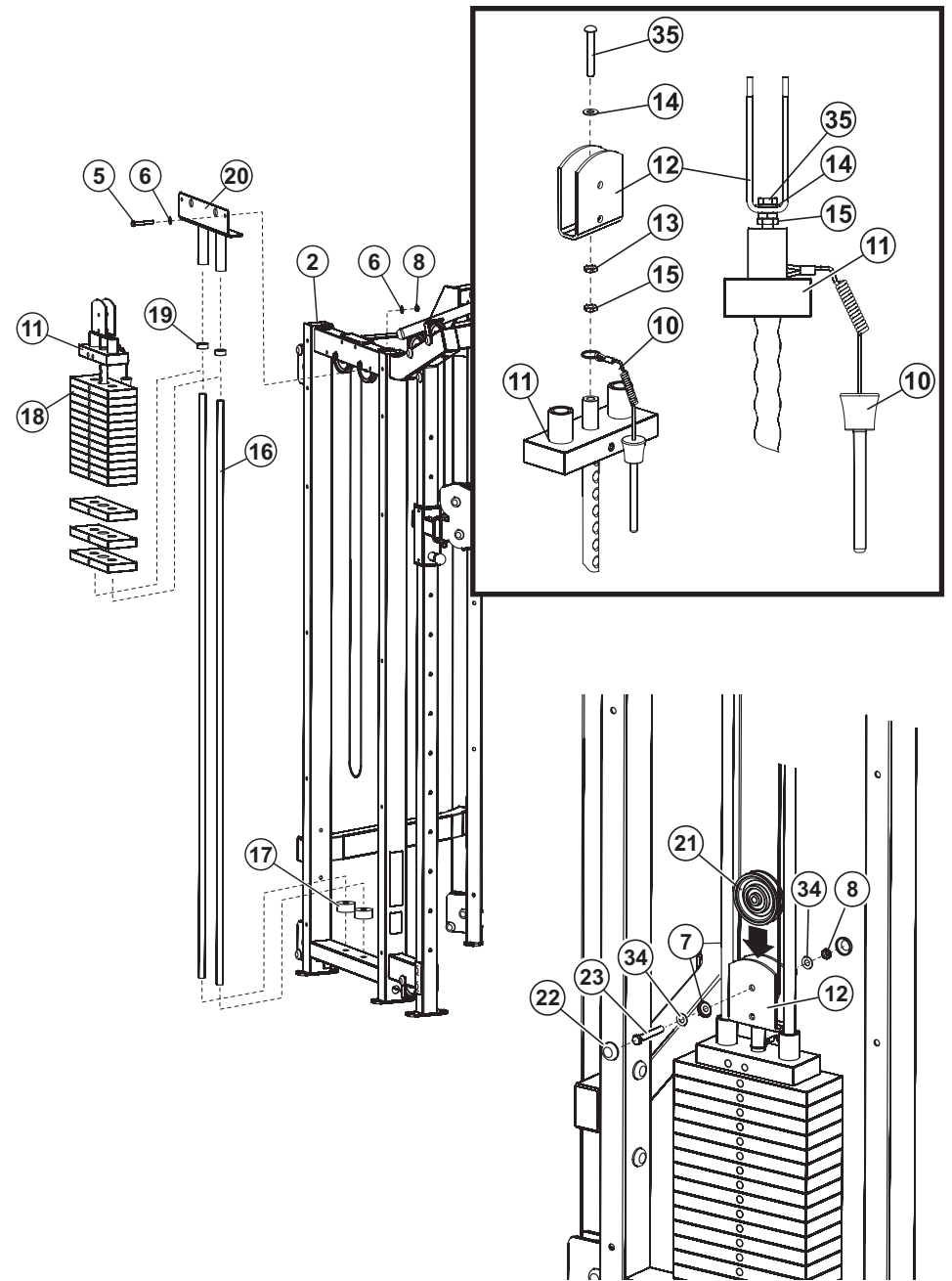
4. Slide the GUIDE ROD SUPPORTS (20) over the GUIDE RODS on the LEFT and RIGHT SIDE TOWERS (2 & 3) and SECURELY assemble the GUIDE ROD SUPPORTS using four 3/8 X 67mm BOLTS (5), eight 3/8" FLAT WASHERS (6) and four 3/8" LOW HEIGHT LOCK NUTS (8) as shown.

Apply WEIGHT STACK LABELS to WEIGHT PLATES (18) and HEAD PLATES (11). Begin with number one at the HEAD PLATE with larger numbers in consecutive order towards bottom of weight stack.

5. Place one 3-1/2" PULLEY (21) into the loop of the CABLE and SECURELY assemble the 3-1/2" PULLEY to the CENTER PULLEY BRACKET (12) on the LEFT SIDE TOWER using four BLACK RH CAPS (22), two 3/8 X 46mm BOLTS (23), four 3/8" SAE WASHERS (34), four 3/8" RH WASHERS (7) and two 3/8" LOW HEIGHT LOCK NUTS (8) as shown.

NOTE: Make sure the CABLE is in the groove of the PULLEY before tightening.

Repeat this step on the RIGHT SIDE TOWER (3).



Dual Adjustable Pulley

1. Assembly Instructions

6. SHROUD ASSEMBLY:

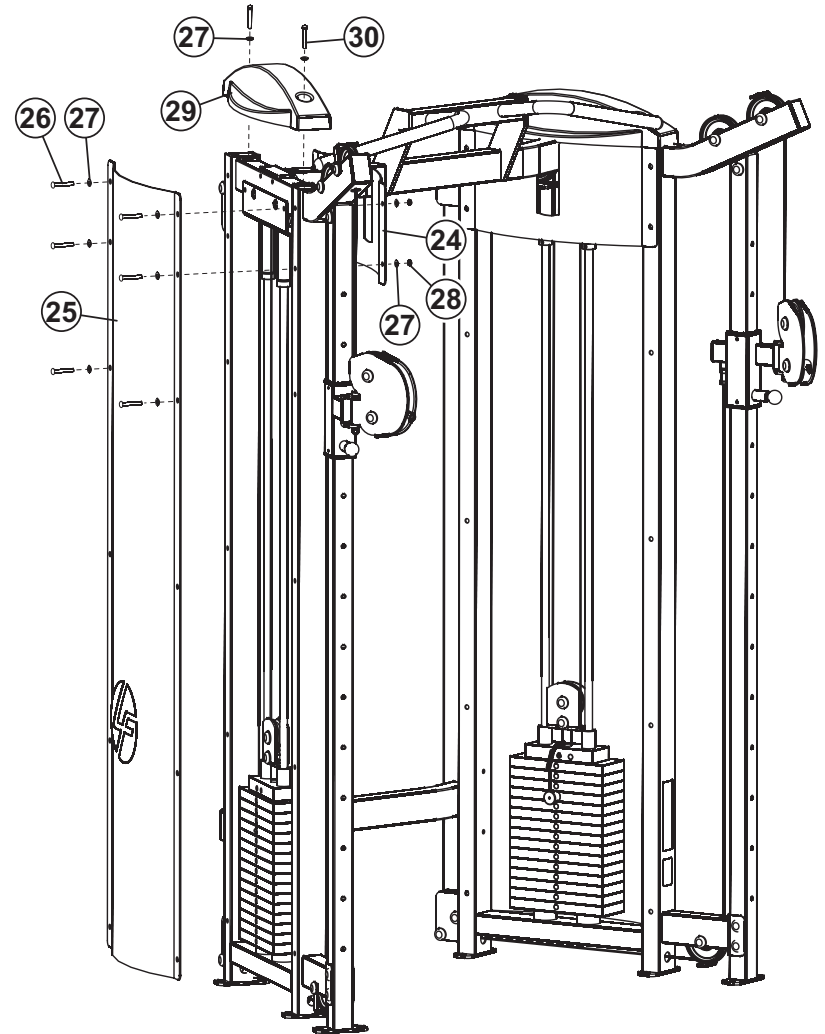
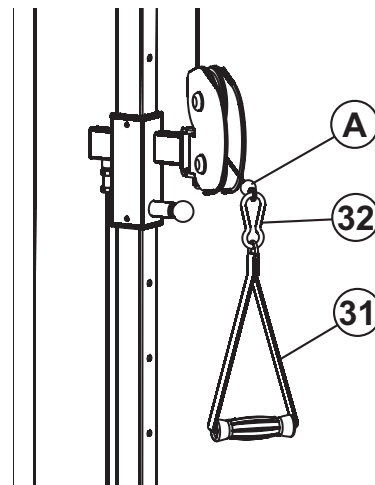
SECURELY assemble the FRONT SHROUD (24) and the REAR SHROUD (25) to the LEFT SIDE TOWER (2) using twelve 3/8 X 90mm BUTTON HEAD BOLTS (26), twenty-four 3/8" BLK WASHERS (27) and twelve 3/8" ACORN NUTS (28) as shown.

SECURELY assemble the TOWER CAP (29) to the LEFT SIDE TOWER (2) using two 3/8 X 25mm BUTTON HEAD BOLTS (30) and two 3/8" BLK WASHERS (27).

Repeat these steps on the RIGHT SIDE TOWER (3).

7. Assemble one SEWN HANDLE (31) to the CABLE end on the LEFT SIDE TOWER (2), using one SNAP LINK (32) as shown.

Repeat this step on the RIGHT SIDE TOWER (3).



Dual Adjustable Pulley

2. Safety & Warranty

It is the sole responsibility of the purchaser of LIFE FITNESS products to instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment.

It is recommended that all users of LIFE FITNESS exercise equipment be informed of the following information prior to its use.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that all LIFE FITNESS equipment is used properly to avoid injury.
2. Keep hands and feet clear at all times from moving parts to avoid injury.

CHECK FOR DAMAGED PARTS

1. DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by LIFE FITNESS.
2. MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.
3. SECURING EQUIPMENT: All equipment MUST be secured to the floor to stabilize and eliminate rocking or tipping over. This must be performed by a licensed contractor.
4. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.

SPECIFIC OPERATING WARNINGS

1. Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
2. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all LIFE FITNESS equipment.
3. Keep children away from strength equipment. Parent or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
4. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by LIFE FITNESS.
5. UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM LIFE FITNESS PERSONNEL.
6. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.

Dual Adjustable Pulley

2. Safety & Warranty

WARRANTY

WHAT IS COVERED

This Life Fitness commercial exercise equipment (Dual Adjustable Pulley) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the Product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (.Manual.). All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

OPERATION MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS & SERVICE

Simply call Customer Support Services at (800) 351-3737 or (847) 451-0036, Monday through Friday from 8:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services
2. Securely pack your Product (use the original shipping carton, if possible)
3. Write the RA# on the outside of the carton
4. Insure the Product, and
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

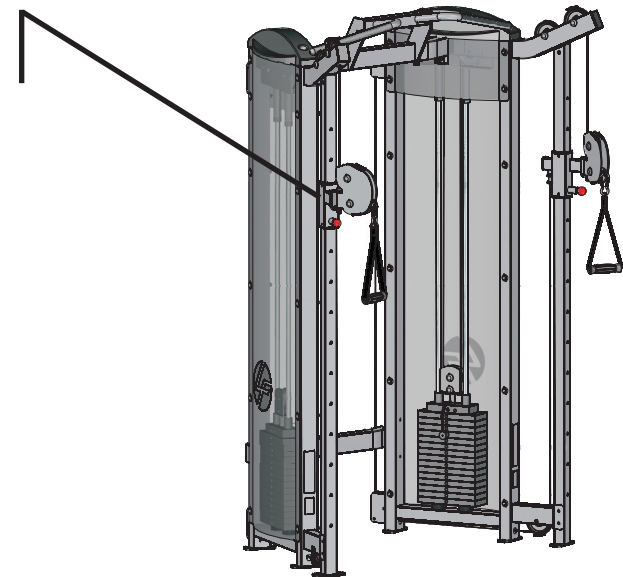
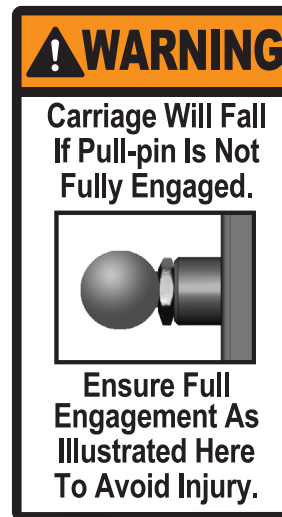
EFFECT OF STATE LAWS

This warranty gives you specific legal rights and you may have other rights, which vary, from state to state.

OUR PLEDGE TO YOU

Our Products are designed and manufactured to the highest standards.

We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!



LifeFitness

Dual Adjustable Pulley

3. Specifications

General Specifications

1. Frame Construction

Frame is constructed of mechanical quality steel purchased in mill run quantities
Frame is primarily 2" x 3" tubing with 11 gauge wall thickness.

2. Frame Finish

Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion

3. Bolts

All hardware is metric and has a corrosion resistant finish.

4. Instructional Wallchart

Wallchart provides illustration for proper use and variety of exercises.

5. Equipment Anchoring

All machines have holes in the feet, which allow for easy anchoring to the floor. Life Fitness recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

6. Warranty

A 10-year minimum warranty on structural frames (excluding finish surfaces), 1 year on guide rods, cables, pulleys and weight plates, and 90 days on grips and any items not specified.

7. Liability Insurance

Certificate of insurance available upon request

Product Specifications

DUAL ADJUSTABLE PULLEY

Product # - **FSDAP**

Size:

in = 55.5L x 44.5W x 88H cm = 141L x 113W x 224H

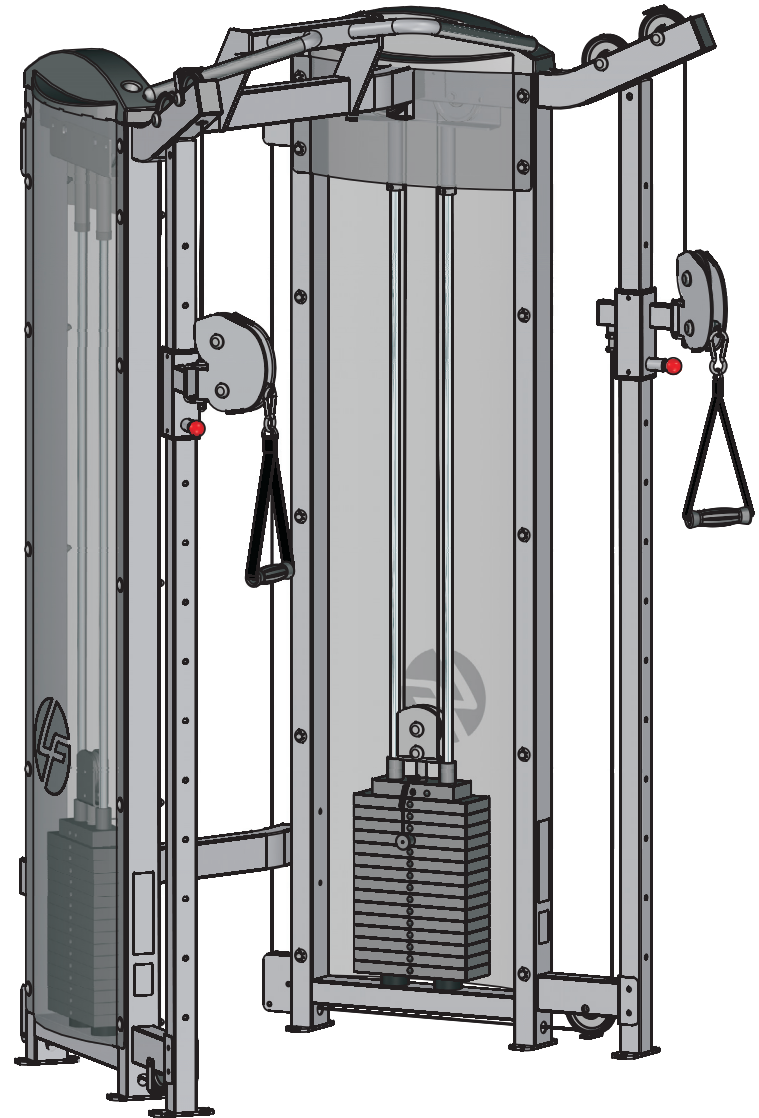
Weight:

lbs = 680 kg = 308

Dual Adjustable Pulley

4. Exercises

General information: The Dual Adjustable Pulley has two adjustable pulleys positioned 53" (134cm) apart to accommodate an infinite number of exercises. The space between the pulleys easily accommodates most benches and wheelchairs.



Dual Adjustable Pulley

5. Maintenance

CLEAN

- Hand grips with mild soap and water.

INSPECT

- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage. All paint chips should be filled immediately with touch-up paint.
- Handgrips should be checked for wear or damage.

ONCE A WEEK

- Visually inspect all hardware for loosening, tampering or wear.
- Check condition of hand grips.

ACTION	MONTHLY	BI-ANNUALLY	AS NEEDED
CLEAN			
Hand Grips			X
INSPECT			
Hardware	X		
Frame		X	
Hand Grips			X

